

Chinmaya Smrithi



A Bi-Monthly Newsletter of the Chinmaya Mission Washington Regional Center
Volume 17, Number 2 -- May 15, 2007



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Chinmaya Bala Vihar Youth at Seva, April 2007



Upcoming Events

Around the Washington Regional Center

Chapter	Events & Dates	Notes
Dulles VA		
Frederick MD		
Silver Spring MD	Bala Vihar Graduation 2007 May 19 Memorial Day Camp May 26-27 Annual Day, June 9th & 10th Youth Camp July 2-6 Summer Camp	
Springfield VA		

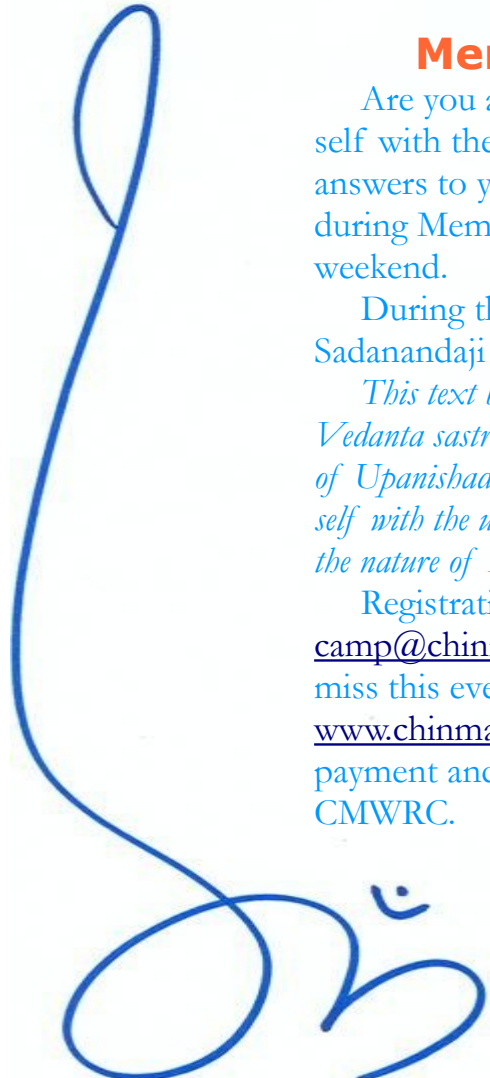
Memorial Day Camp – May 26-27, 2007

Are you an intellectual searching for answers about existence, identity of self with the Divine and the purpose of life? Are you devotional, seeking answers to your relationship with the Lord? Either way, the upcoming camp during Memorial Day (May 26, 27) will be the perfect way to spend your weekend.

During this two day Spiritual Camp at our Chinmayam Center, Dr. Sadanandaji will expound the text **ADVAITA MAKARANDA**.

This text by Sri Lakshmidhara Maha Kavi is one of the most beautiful texts on Vedanta sastra. The poet in this short treatise of just 28 verses has brought out the nectar of Upanishad mantras. He establishes through reason and logic the identity of individual self with the universal self. He tries to remove the doubts that arise in our minds regarding the nature of Reality. This text is a must for a serious student of Vedanta.

Registration is required. For information, send an e-mail to camp@chinmayadc.org. **Child care is available for your children.** Do not miss this event - sign up immediately. Registration Forms available at www.chinmayadc.org under Events. Please complete the form along with payment and hand over to your local chapter coordinators, or mail to CMWRC.



About the Teacher:

Dr. Sadananda, a retired scientist by profession (US Naval Research Lab) is a disciple of Swami Chinmayananda and one of the founding members of CMWRC. Dr. Sadananda has been the spiritual guide and teacher of the Northern Virginia Chapter of Chinmaya Mission for over ten years. He has been conducting discourses on a variety of topics which include Bhagavad Gita, Upadesasara, Dakshinamurthy Stothram, Panchadasi, Atmabodha and Self-Unfoldment. His talks are intellectually stimulating and make us reach inwards to reflect on the teachings of our sages.

For all Event Details, please check events page at the www.chinmayadc.org



Balavihar Voices

Cookie Crisis

*Siri Neerchal
Session II, Silver Spring*

My older brother Harsha and I were at home with our grandmother. Our parents had gone grocery shopping. It was 3:30 pm on a Saturday. We got a little hungry, so we went downstairs to eat a snack. Harsha took down the box of Oreo cookies. To our surprise, there was only one Oreo left! After a minute of conversation, we decided to break the cookie in half. Even though we only got half a cookie each, we were satisfied.

Ganesha



*Art Work by Keshav Kowtha
Sundaram, Session II, Silver Spring
(Inspired by a Ganesha picture in his Music Teacher's Home)*



My Trip to India

*Vishnupriya Krishnan,
Session II, Silver Spring*

“You’ll see how religious Grandmother is,” says my father in the auto rickshaw. “She is constantly reading the Geeta and praying. Some ancestor down the line settled in this part of India, and constantly adhered to the principles of Hinduism. This is why our family has it today. It’s a priceless gem, the beauty of it being that it accepts peace as law.”

So I have a Hindu last name, one of my friends is Irish, I have an instrument that’s German, I have a Brazilian bow, I used to play a Japanese violin, and I practice an Indian religion. The world works wonders.

I let the wind mold the contours of my face, and dusty music blow through my hair, smoky smells wind under my skin; I know in a brief moment of luminosity that I am home.

A few days later, my beloved grandmother gives me eighty rupees, in coins of all sorts, and I clutch the money wondering what things I want to take back with me, and how many of them I’ll be able to.

She calls me and I go to her, still holding the purse of coins.

“Come here. I want to tell you something.”

I sit by her on the wooden charpoy, which creaks, bending itself to my will and weight.

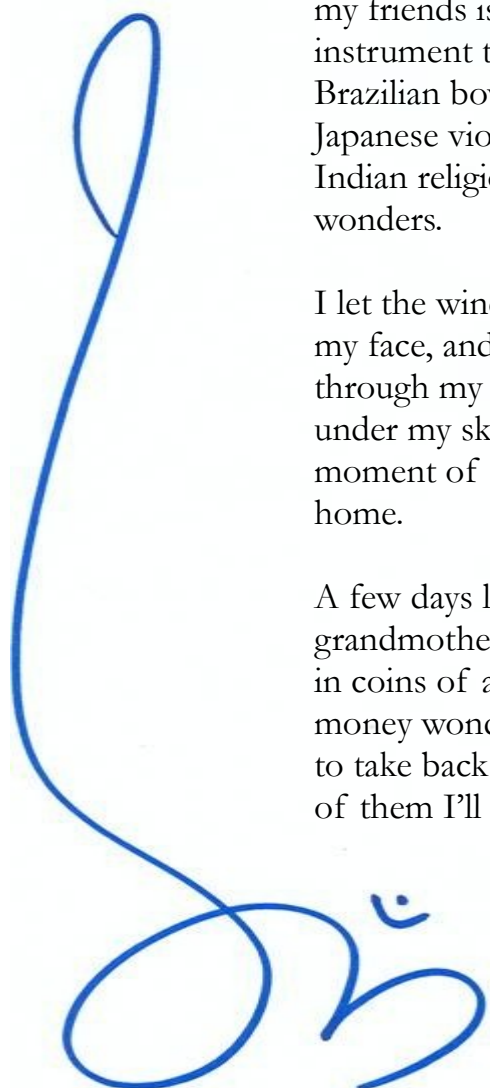
“Have you seen the poor here?” she asks me.

I’ve seen them everywhere and I’ve hardly arrived...on the streets, in the parks, in the air, desperate, desperate.

“Some of them,” I reply, not certain of where the conversation is heading.

“Next time you’re outside here, near a temple, watch them. I want you to see how people are treated here. I want you to mingle with them, to *be* them, even for just a little while. You’ll see our world does not respect them as equals. Maybe we can go tomorrow. We’ll see.”

She nods her head, and I know that is all.



Mirrors glimmer off her flower-patterned sari; I can smell the dusky approach of the evening; I can hear the jasmine-seller crying out for the last times that evening, hoping to part with a few more handfuls of fresh flowers. And then the call from the mosque comes, and I am complete.

The next day, we visit the temple a few blocks away. How a simple stone building can be the epitome of purity I cannot say; but that is certainly one of the mysteries of life. I wear the oldest salwar kameez I can possibly find. The bottom stops just above my ankles, and the top is faded. After my prayers and the traditional three rounds of the idols, I sit outside in the warm bright glinting sunshine. I listen to the people walk by. Some of them spit at our feet and call us dogs. Others throw a few rupees. None

greet us.

Yet all of us are one soul; we sit wordless and detached from everything else. I sit with the poor farmer who talks to God as he talks with goats, and I muse in utter pity for those like the person I am right now, but everyday. I don't cry and I don't laugh, and I don't really feel, either. I walk in my ancestors' footsteps, and I am content.

I drop ten rupees into the old farmer's wrinkled palm before rising. He whispers a soft, wizened "God bless you" as I walk away. The world is silent but for the swish of my worn patterned sandals and the dust in little puffs on the road.

It is then and there I realize that this is simply another chance for peace in my mind and for change in the world.

*Bhakti is the attitude of the mind,
and jnana is the attitude of the intellect,
Both flow towards the Lord*

-Swami Chinmayananda



Fusion 2007 – Chinmayam Talent Show

Sandhya Devaraj
Silver Spring

How do the taals and ragas of South India harmonize with throbbing amps and sleek guitars? Who would have thought that red and hot chili peppers could make such good curry powder?

As the world shrinks, a new global culture is emerging. This phenomenon is the icon of our generation, and it permeates every sector of society. Today, Chinmaya Mission is as much a spiritual sanctuary as it is a bastion for rising artists and performers. The very title of the March 24th Chinmayam class event, “Fusion 2007” shows our community what we, first generation Indian Americans, can do - merge the best of our eastern roots with the stem of our western life and in turn, bloom.

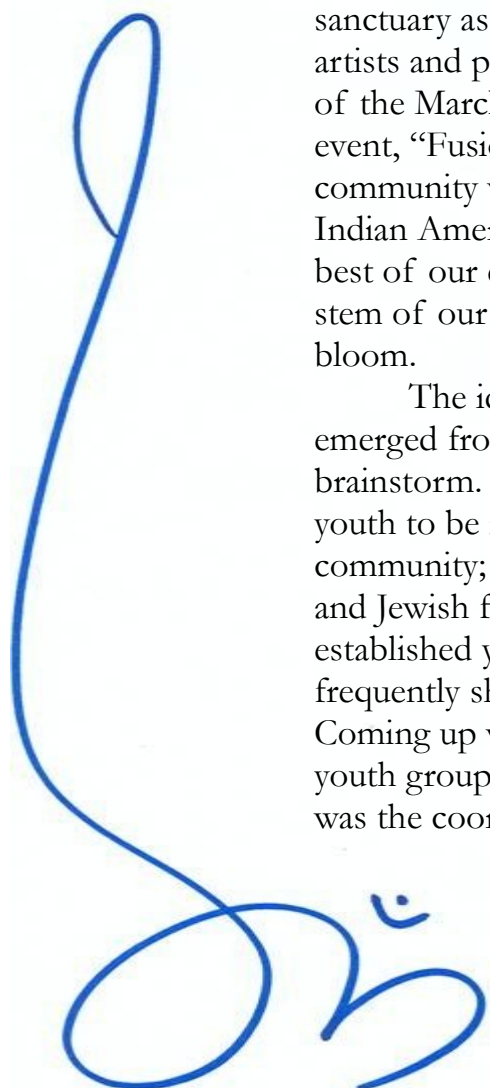
The idea for a talent show emerged from a long Chinmayam brainstorm. We saw a need for Indian youth to be more vocal in the community; our Chinese, Christian and Jewish friends all had very well established youth groups that frequently showcased their cultures. Coming up with a charter to involve a youth group was the difficult part, as was the coordination. The purpose

however, was rather simple to decide. We wanted to effect change, not just within the circles of our family and friends, but on a wider scale.

Although I cannot exactly recall how we chose Ekal Vidyalaya as our organization of donation, I knew it just felt right. It would be a convergence of Body, Mind and Intellect, with the conviction in our minds tapping into our intellects to prompt our bodies to give back to our mother country.

As I hung around backstage during the show, occasionally running microphones on and off, I saw my classmates pacing anxiously. Back there, they were just high school kids who could have numerous other thoughts racing through their minds. *I hurt my hand at basketball yesterday, I hope it doesn't mess me up tonight, or I have a physics test on Monday, how can I focus on my "gaana" when I have to worry about Galileo?*

But backstage, I only saw the peer and classmate. Onstage, I saw the artist. Weren't we all wowed by Rohan Prasad's ease when he went from accompanying Barguv Murali's harmonium to “Under Contract's” guitar man? Or Ajay Ravichandran,



when he went from eastern percussion on the Mridangam to a western drum set?

The banner reading “Fusion 2007”, by Upasana Kaku and her family, didn’t remain impervious to this merging culture either. As the colors of the Indian flag slowly transformed into those of the American, a thought arose in my mind. We Indian Americans aren’t a society within America. Like all the

nationalities that have settled here since the creation of this unique nation, we too will find our niche in this country and contribute to the textbooks of American history. And, as India approaches her 60th anniversary of independence, we symbolize how far she has come in this short time by representing her on the microcosm of the international stage, right here in America.

A large, stylized blue signature or scribble, possibly representing the name 'Upasana Kaku', written in a cursive, flowing style. It starts with a large loop on the left, descends, and then forms a series of smaller loops and curves at the bottom right.

Chinmaya National & Global Youth Service Days 2007 April 20, 21 and 22, 2007 in Washington, DC

by

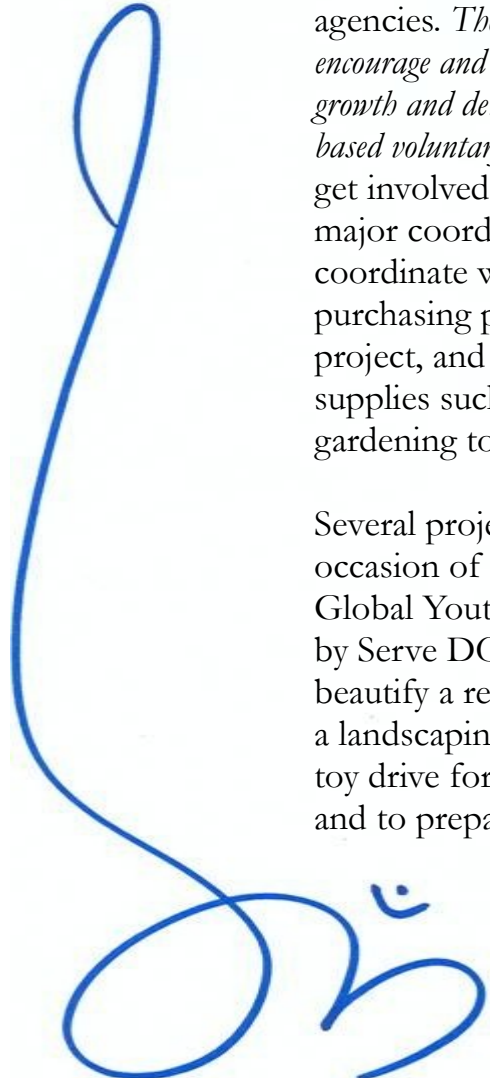
*Neha Mehta, Community Youth Service Leader
Pratik Dixit, Youth President, Kaveri Youth Committee
Dr. V. Sreenivas, Youth Seva Coordinator*

This year, the Chinmaya Youths have planned for broader community youth volunteering projects under the name Chinmaya Youth-Sev-A-thon. Neha and Pratik volunteered to take the lead under the direct guidance of Dr. Sreenivas, our Youth Seva Coordinator, who wrote these youth service grants and coordinated between several outside government agencies. *Their mission is to support, encourage and motivate youth to foster growth and development of community based voluntary service projects.* The adults get involved when the children need major coordination with their tasks to coordinate with outside agencies, purchasing plants for the landscaping project, and purchasing gardening supplies such as fertilizer, mulch and gardening tools.

Several projects planned on the occasion of 2007 National and Global Youth Service days sponsored by Serve DC were to clean up and beautify a recreation community park, a landscaping project at the Library, a toy drive for the Children's Hospital and to prepare food for hunger to be

delivered to the Franklin Homeless Shelter on two different days.

Our original service project commenced on January 15, 2007, which was the first of several planning meetings. During this weekend youths have prepared dinner for homeless shelter. This was delivered on the evening of MLK Jr.'s birthday in downtown DC – Franklin Shelter. During this National and Global Youth Service Days, youths have planned for their outdoor field and indoor food for hunger projects on 21st and 22nd respectively. The scope of work was clean-up the playing grounds, tree areas, fence sides, dead plants, leaves and other non-hazardous materials. We also beautified with decorative flower plants, spread mulch, and pruned small shrubs beautifying the selected areas making better than before. On the second day, we prepared food at the mission for delivery to a homeless shelter located in Washington DC in coordination with Kaveri Kannada Association. This was their Student Service Learning while participating in N&GYSD. Our project will involve



many youth that are not traditionally trained to do community service activities. This provided an opportunity to reach out to minority and low-income families and the broader community in greater Washington area.

Funding sources will be from pledges as well as donations from businesses, and Freddie Mac Grant through Serve DC for volunteering work in Washington DC.

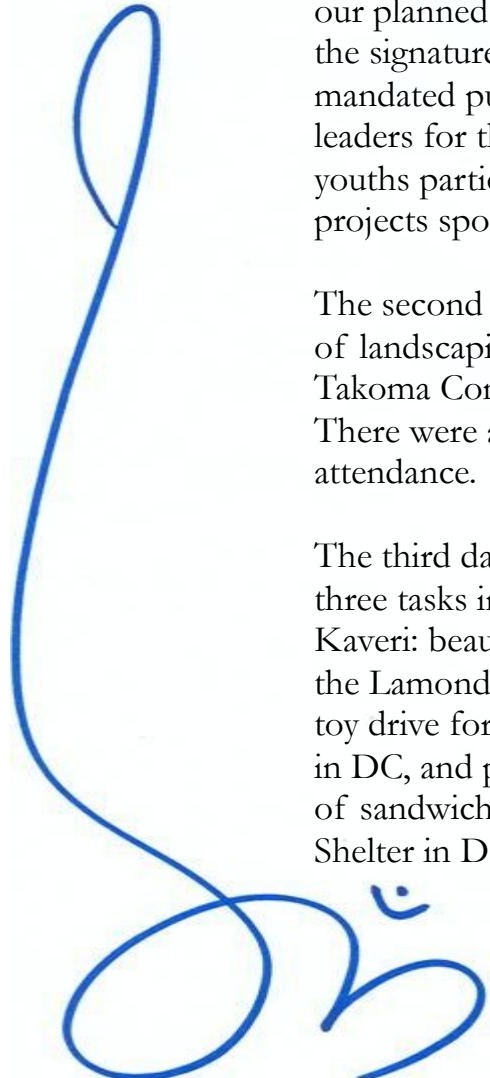
The first day consisted of celebration and kick-off by youth organizations in Washington DC. For the first time, our planned projects were selected as the signature projects by DC. This mandated public speech by the leaders for the benefit of other youths participated through 200 other projects sponsored by ServeDC.

The second day, the project consisted of landscaping and beautification at Takoma Community Center in DC. There were around 30 individuals in attendance.

The third day the project consisted of three tasks in coordination with Kaveri: beautifying and landscaping the Lamond Riggs Library in DC, a toy drive for the Children's Hospital in DC, and preparing and delivering of sandwiches to the Homeless Shelter in DC. There were around 40

individuals in attendance during the activities.

On the April 21st, I attended the kick off for the event in downtown DC. I was identified to represent Chinmaya Mission and Kaveri as Indian community at large in Washington. I was invited by Serve DC and Department of Health to give a speech about the Mission and Kaveri's participation, preparation and goals for the NGYSD. I presented Chinmaya Mission efforts to clean up and beautifying the Takoma Community Center, and on Sunday, Kaveri was to beautify the Public Library. It was an extremely energetic day; many teenagers came and enjoyed the afternoon full of performances, games, and speeches regarding the importance of youth giving back to the community. Mayor Adrian Fenty attended the kick-off celebration, and it was an honor to shake hands with him. It was a great opportunity to meet the highest elected official for Washington, the nation's capital. Mayor gave a speech, in which he expressed how pleased he was with the youth of America's maturity to give back to the community. I am proud to represent the Indian youth community in Washington on this NGYSD. I have also collected official ServeDC t-shirts for all the youth participants for



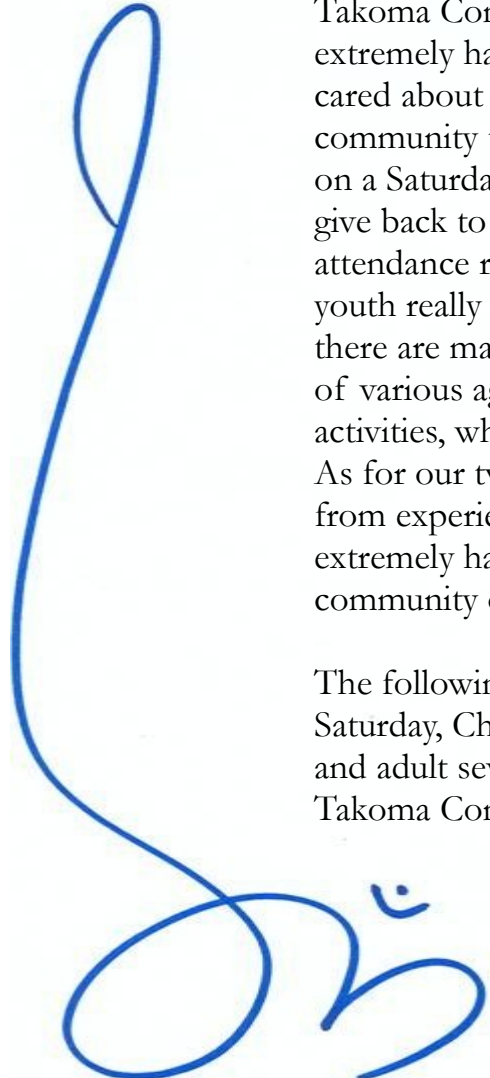
the NGYSD.

Before these events, as the Community Service Youth Leader, I coordinated donations for our cause, and invite people to participate in the activity. It was a grueling task; many companies simply said no. Luckily two companies were extremely generous and donated beautiful plants to our cause. After successfully receiving a donation, I advertised for the event; I asked my friends, my neighbors, and the youth at the Mission. I was expecting only a few people to show up, but the youth pleasantly surprised me when twenty-eight teenagers and kids arrived at the Takoma Community Center. I was extremely happy that so many kids cared about giving back to the community that they woke up early on a Saturday and drove to DC to give back to the community. The high attendance reflects how involved our youth really are in the community; there are many projects in which kids of various ages participate in activities, which give back to society. As for our twenty-eight youth, I know from experience that we worked extremely hard to better the community on Saturday.

The following day April 21, 2007 Saturday, Chinmaya Mission youths and adult sevaks spent the morning at Takoma Community center cleaning

up the area and planting flowers. I participated in the event as well, and I thoroughly enjoyed giving back to the community. When we initially went to the community center, the garden was full of weeds, rocks, staples, a water bottle, a plank of wood, and various other objects that did not belong in a garden. The amount of trash showed the poor condition of the garden; furthering the team's drive to clean up the center and make it stunning. The group planted at least thirty plants and spread approximately thirty bags of mulch, resulting in an extremely beautiful garden. We all were extremely proud of our end product because of the beauty of the garden, as well as the inner happiness that we got from helping the community.

For April 22nd, we have also planned to prepare and deliver fresh food to Franklin Homeless Shelter in DC at Kailas Niwas and take them to Library project to join Kaveri Youths. After Balavihar class students volunteered to prepare and bag the sandwiches for delivery. Many think that the population of homeless individuals and families are in their current situation because of alcohol, drugs, crime or lack of proper education to maintain and sustain a comfortable life. This is not an issue for those citizens who currently have homes, cars and secure jobs. This year, we have selected a Shelter



as suggested by Serve DC.

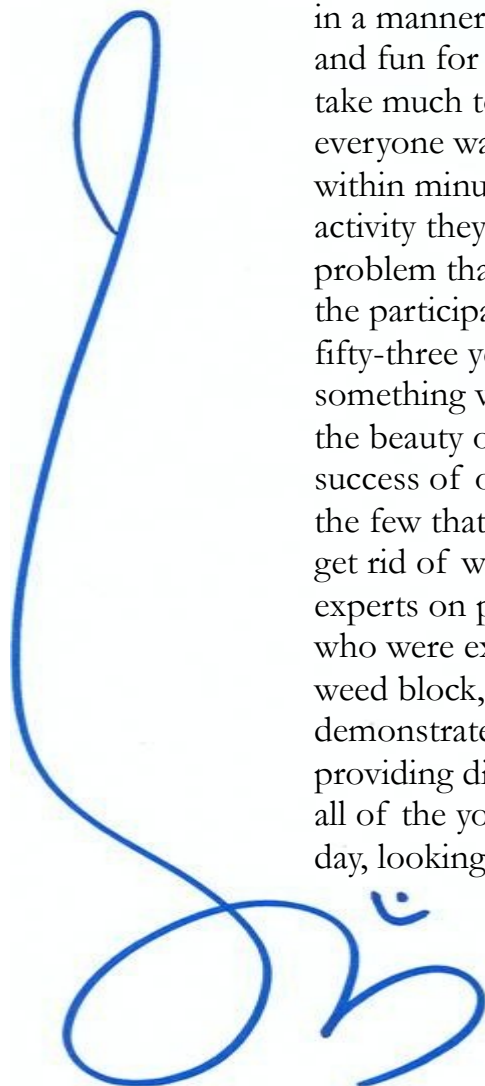
Quote: "We all were extremely proud of our end product, enjoyed giving back to my broader community"-.Neha

On April 22, 2007, Sunday is also the Earth Day celebration. In general, the state and appearance of the Lamond Riggs Library before National & Global Youth Service Weekend was not welcoming at all. There were weeds all across the front, unkempt grass and mulch, and a lack of bright and exciting plants. Before setting our hands upon this task, the youth devised an effective plan that would not only beautify the area, but do so in a manner that would be exciting and fun for all involved. It did not take much to motivate the youth, as everyone was down on their knees within minutes performing whatever activity they felt would best suit the problem that faced them. Whether the participator was five years old or fifty-three years old, each had something valuable to contribute to the beauty of the library and the success of our project. There were the few that were experts on how to get rid of weeds, the few who were experts on planting flowers, the few who were experts in laying mulch and weed block, and the few who demonstrated great leadership in providing direction and support for all of the youth. At the end of the day, looking at the library merely five

hours after we had initially arrived, the feeling that went through all of the youth when looking at the work we had done was one of the utmost satisfaction and fulfillment.

It was only fitting that a motivated team of youth gave back to the community in a way that directly benefited less fortunate children. The second part of our activities for National & Global Youth Service Day was to collect toys from participants and give them to the Children's Hospital in DC. We sent out various emails asking participants to contribute a donation of one toy on the 22nd, and the response was great. We then drove over to the Hospital after our activities in the library and delivered the toys. The look on the nurse's eyes when we came in was enough to tell us that we had really done something special, and it was simply an extremely rewarding experience.

Finally, the fact that we have food to eat every evening is something that many of us take for granted. In order to demonstrate our awareness of this issue and help those truly in need, Kaveri along with Chinmaya Mission Children made 500 sandwiches during National & Global Youth Service Weekend. We then delivered all of these lunches to the Franklin Homeless Shelter located in DC. We



have seen the homeless individuals picking up our food while we watched. Once again, the experience was eye-opening and fulfilling, as it exposed many of the youth to an aspect of life that they had not previously been introduced to.

Quote: "The entire experience was one of the richest and most fulfilling that I have gone through. The thought that a highly motivated group, regardless of size or age, can make such a significant difference in the lives of so many is astounding and should serve as an example for youth all across the world." -Pratik

On 20, 21st and 22nd, with the successful completion of all these

community projects, Chinmaya Mission children were being judged by their treatment of people who are less fortunate including service project to prepare fresh food for hungry. These experiences provided an opportunity to our youth to share in the gift of caring for others. We are sure this opportunity has encouraged and motivated our youth to foster growth and development of community based voluntary service projects and envisions a powerful network of youths who are committed to making voluntary service and service-learning the common expectation and common life experience for all ages. The youngest volunteer participated during these days was 2 years of age.



Teacher's Corner

Being Inclusive

~ Savithri Devraj

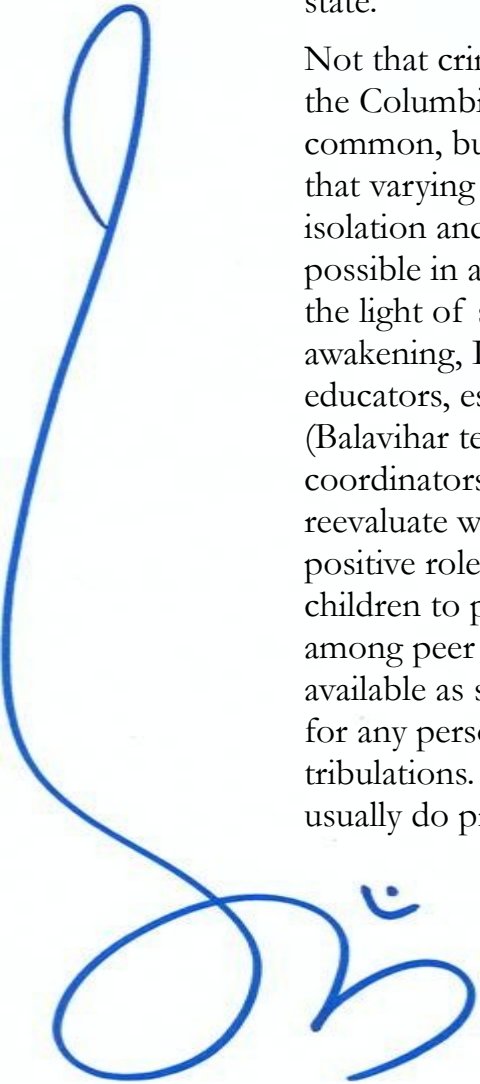
Bala Vihar Teacher, Shivanandam, Silver Spring

The recent mass killings at Virginia Tech intrigues us all as to how any young man could feel so lonely and isolated from all peer groups that he could single-handedly perpetrate such a hateful crime without accomplices, and without any associates being privy to his state.

Not that crime such as this, or the Columbine shootings, is common, but it is noteworthy that varying degrees of such isolation and rejection are possible in all peer groups. In the light of such a rude awakening, I believe all educators, especially spiritual (Balavihar teachers and coordinators), need to reevaluate ways to provide positive role models for children to promote inclusion among peer groups, and to be available as sounding boards for any personal trials or tribulations. Sunday classes usually do provide a safe and

relaxing learning environment for even the most introvert and reclusive children. I believe we can take it a step further to incorporate more team building activities and raise awareness about isolation and rejection alongside with our curriculum. Vedanta embraces all beings as a manifestation of the divine; let us accentuate this trait in all our dealings and transactions, opening up any barriers for free flow of mutual care and concern for all. Each one of us can closely scrutinize out thoughts and intentions, and remove the last traces of biases and favoritism from our psyche, thus leveling the playing field for all.

The hope is that, in this culture of guns and instant-gratification, some day our children will be able to counsel friends and classmates to right thinking, if such need exists.



Members Musings

Ganesha, the elephant headed God

- Kamala Harihara Aiyar

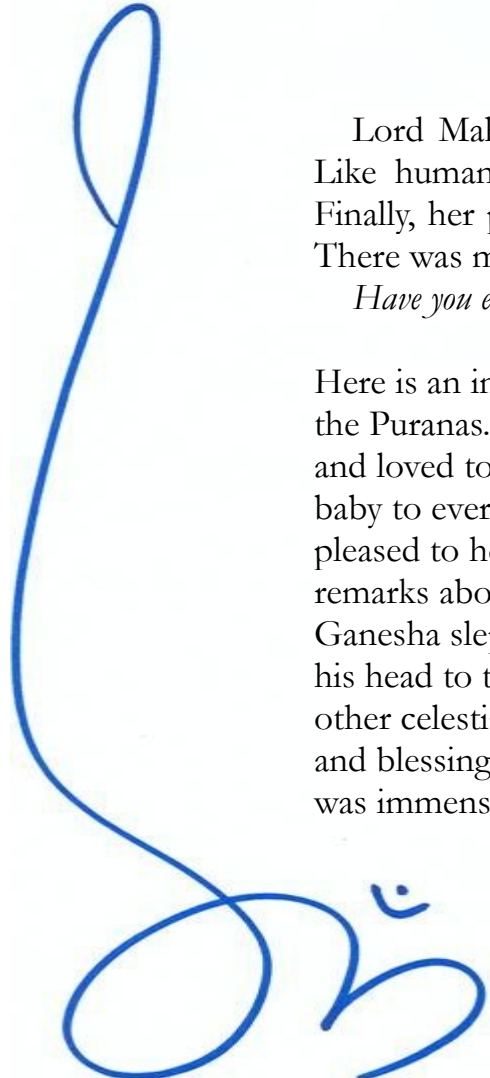


Lord Mahadeva and Parvathy had no children so they grieved immensely. Like humans, Parvathy resorted to prayers and sacrifices to beget a child. Finally, her prayers were answered and she gave birth to a beautiful baby boy. There was much rejoicing. The baby was named Ganesha.

Have you ever wondered how Lord Ganesha got an elephant's head?
adoration.

Here is an interesting episode from the Puranas. Parvathy was very happy and loved to show off her beautiful baby to every one. She was very pleased to hear their admiring remarks about her cute little son. Ganesha slept on a golden cradle with his head to the North. The Gods and other celestial beings showered gifts and blessings upon the baby. Parvathy was immensely pleased by their

Sani - the planet Saturn, visited Parvathy and congratulated her. Parvathy noticed Sani was with down cast eyes and wouldn't look at her baby directly. She was itching to hear his adulation of her son, so she demanded a reason for his odd behavior. Reluctantly Sani said, "One day, I quarreled violently with my wife. Foaming with rage, she cast a spell that my first look at anybody will



severe his or her head. From then on I have been walking around with eyes lowered. I'm afraid my wife's spell will take effect." Parvathy laughed aloud and said, "No curse will harm the son of Mahadeva, the greatest of all the Gods." Taking Ganesha into her arms, she compelled Sani to look at her bundle of joy. Sani reluctantly looked directly at Ganesha. Alas, the baby's head was severed and fell on the ground. The child was dead. Parvathy's grief knew no bounds. She wept bitterly.

Lord Vishnu was very sad for Parvathy. Astride "Garuda", the mighty eagle, he went in search of a head to transplant onto Ganesha's torso. Vishnu vowed that the first person to cross his path would donate his head. He encountered an elephant and cut off its head. This he attached

to Ganesha's body and resurrected him.

Parvathy rejoiced at having her son alive, but was sad that her sweet infant should be

deformed. Lord Siva chided her vanity for all these troubles. Parvathy repented and prayed that Ganesha be gifted with the powers of wisdom, strength and the capacity to remove obstacles to compensate for his deformity. Siva granted these favors. Ganesha is the most adored of all Gods. Devotees pray for his guidance and help. Sani – Saturn - was punished with lameness. He is one of the most dreaded planets. None want his spell to be cast upon them. People still consider it unlucky to admire a sleeping child or allow sleeping with his or her head to the North.

This story is from the book by the author titled "BOUQUET GARNI". The author is the mother of Mrs. Anandi Ramachandran.

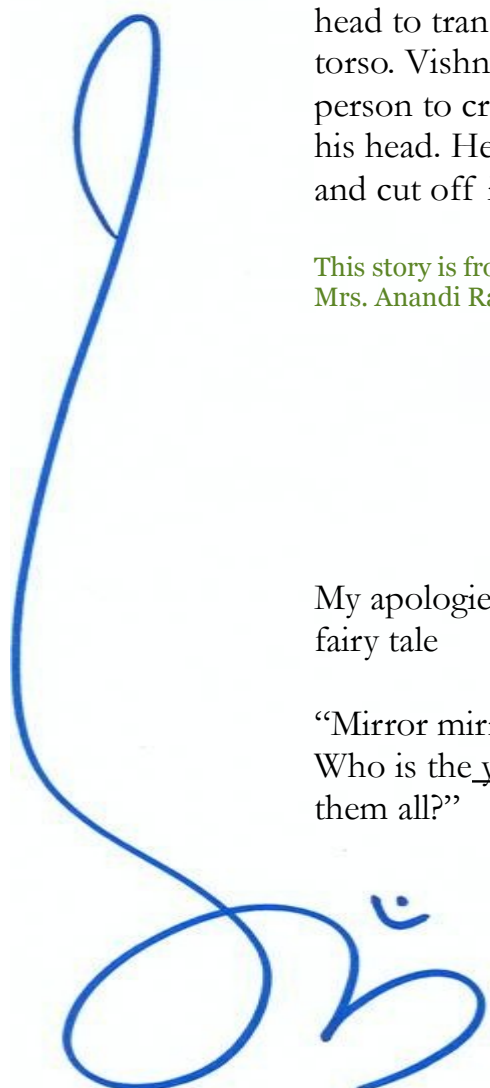
Rejuvenation

~ Mrs. Anandi Ramachandran
(friend of the Mission)

My apologies to the wicked queen in a fairy tale

"Mirror mirror on the wall
Who is the youngest (fairest) of
them all?"

In Camelot no one ever grew old. With the help of Merlin's magic every-one "youthened" with the passing years. And that is the dream that our modern Merlins, are pursuing - clad in white coats, armed with their stethoscopes, microscopes, measuring



devices and glass retorts, –the ephemeral “Fountain of Youth”.

It was the Chinese who invented the alchemy, the goal being to create the elixir that would rejuvenate and restore youth. I read in the book “Edgar Casey Drugless Therapy” that The New York Times carried an extensive coverage of the famous Chinese Herbalist, Li Chung Yun. He is said to have lived 256 years of age dying in 1933. He used the herb (Hydrocotyle asiatica) daily discovered in Fo-ti-Tieng. Li had outlived twenty-three wives and was living with the twenty fourth at the time of his death so the story goes.

Even to this day we are in search of the elixir for longevity and youth No death or disease or degeneration of body and mind but a life that is perpetual, forever green like the evergreen tree. This perennial search has led science to discover and promote face-lifts with botox injections, plastic surgery, lipo suction, tummy tucks, breast implants, diet fads and many more. Anti-aging techniques medically proved and approved but to enhance one’s looks “externally”.

Addressing the topic “Rejuvenation”, I am going to share with you another approach. Safer and non-medical, attaining the – unattainable,

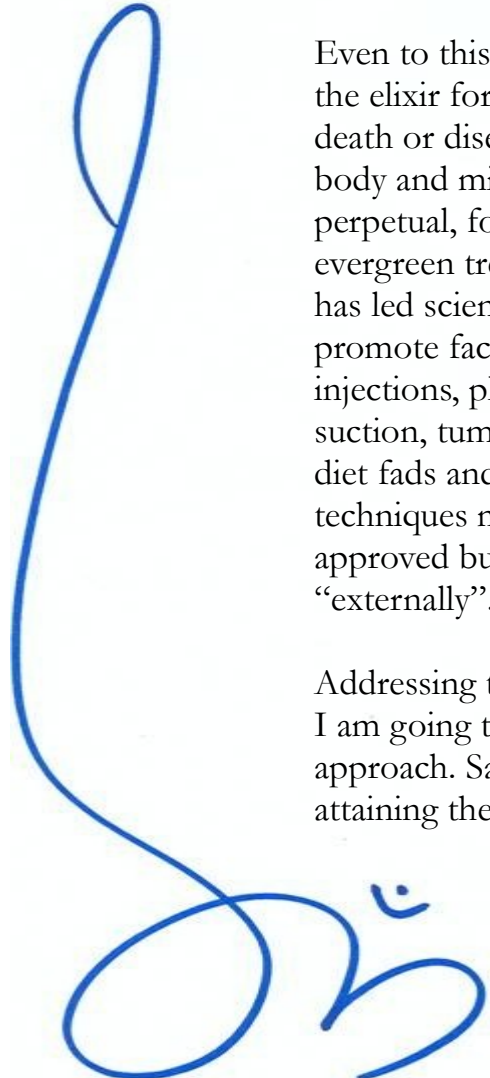
youthfulness, aging gracefully but with a difference from “within”.

Science has discovered we are ten years younger or older at the cellular level. Yes that is where the reversal process can be jump started. No matter what our age is or - at what level of wellness we are today, an attempt can be made to get back the youth we have lost over the years. The body does renew itself constantly and gradually given the right environment.

What makes us age? What takes away the bloom from a maiden’s cheek, the color from ones hair, the sound of music from the ears, the ability to remember, the grace and flexibility of our bodies and limbs, youth of the skin and cause wrinkles on our face?

What makes us look at the mirror and moan (one morning)?
“I cannot eat, I cannot drink: the pleasures of youth and love are fled away, there was a good time once, but now that is gone, and life is no longer life.”-Socrates

Aging, getting old is the process of life. In fact, from the time we are born we begin a journey. Ultimate destination? “Death”. The unsolved mystery of life. Degeneration is not noticeable in our childhood, teenage



and youth. But as we grow in age we acquire factors that help in the process of aging, worry, stress (both mental and physical) emotional trauma, anger, anxiety, smoking, drinking, eating habits that have no nutritional value “foodless food”, in short abusing our mind and body over the years. Result a toxic body and mind where there is enervation of energy, a breakdown of the immune system, the breeding ground of all diseases, which in Holistic Health are referred to as “toxins”.

On the other hand having a cheerful disposition, a healthy mind and body, lifestyle with a positive attitude, a dietary habit of incorporating raw vegetable, wheat grass and fresh fruit juices cutting back on processed and cooked food, dairy products and sweets, the ability to look at life “differently”, to see the other side of the coin, face life’s challenges squarely and deal with them in the right perspective, that life is a journey not a destination, to smell the roses, take time to see the sunrise, the sunset, the new and full moon. To put it in a nutshell, seeing the big picture has a chance to slow down or even reverse the aging process.

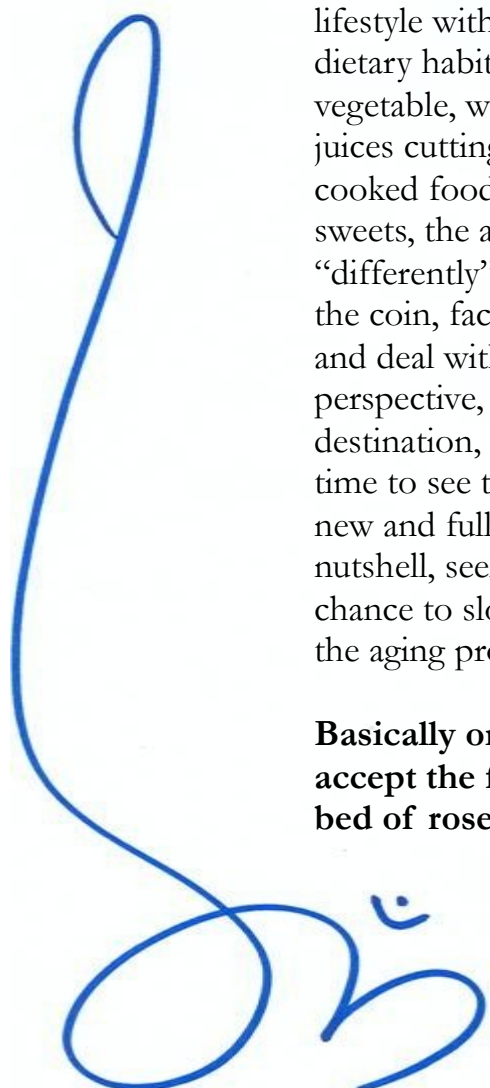
Basically one has to over years accept the fact that life is not just a bed of roses they do have thorns.

Here’s a story. Once a student went to his Zen master with a tale of woe. “Master I went on a path fell into a pot hole. I went again on the same path and fell in to the same pothole. I have done this over and over again. How do I avoid the pot hole?” The master smiled with compassion and said softly, “Simple. Take a detour”.

That is what life is about. Taking detours and detours This attitude gives us a new twist to life’s many mysteries, keeps us stress free, as we are not frustrated when things do not happen our way. Things happen as meant to be. We surrender ourselves to the universe accomplish things in a “state of being” not “doing” Accepting life with all the lemons. Learning to make lemonade. Looking at a glass half full rather than half empty.

It is a choice of freeze or move.

The anti-aging program that delivers to us effortlessly the golden key to unlock the gates to longevity is the disciplined practice of Yoga – this encompasses the combined practice of Asans, (Hatha) Pranayam (breathing technique) leading to a state of meditation or Dhyaan. Pranayam bridges the gap between mind and body thereby creating the connection to heal at all levels holistically. The breathing apparatus is



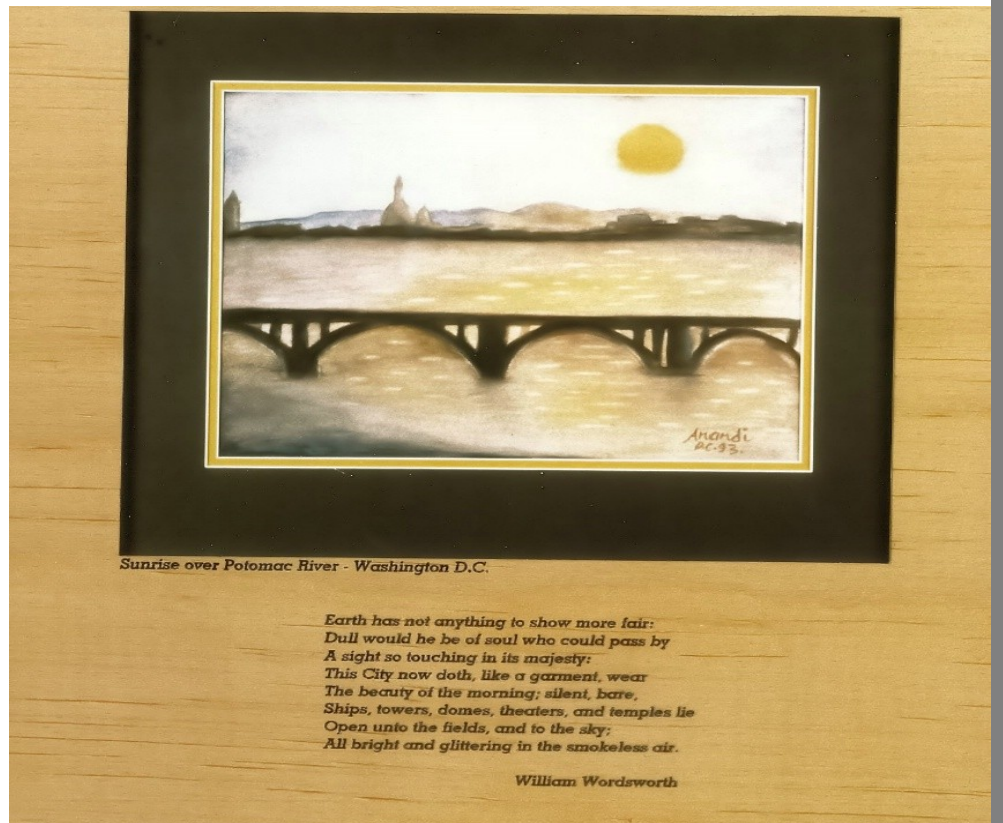
a vehicle that carries the Prana, the life force behind all existence.

It is the ability to harness the Prana, to change how we breathe and thereby eradicate all toxins from mind and body and from within that restores the fine balance of body mind and spirit. This in my experience is the vital tool or device to jump-start the anti-aging program. A committed process that brings out the beacon of light that shines from within, that creates an aura, attracting every one around, an energy that vibrates within and around, emanating a complexion, a skin tone that is blemish free. It is interesting to note the biggest organ

of our body is the skin and perhaps most neglected over the years.

The mere desire to look or feel young is perhaps the first step. But that alone will not bring the results. Long term, disciplined application of yoga techniques and life style changes, dietary modifications can and will in a subtle manner reverse the process of aging. The earlier in life you start the program, it is an investment for the future. The capitol can be banked and we can live of the interest.

“There is no short-cut to longevity. To win it is the work of a lifetime”.
Sir James Crichton Browne, MD



Sunrise over Potomac River - Washington D.C.

Earth has not anything to show more fair:
Dull would he be of soul who could pass by
A sight so touching in its majesty:
This City now doth, like a garment, wear
The beauty of the morning; silent, bare,
Ships, towers, domes, theaters, and temples lie
Open unto the fields, and to the sky;
All bright and glittering in the smokeless air.

William Wordsworth

Sunset Over Potomac, A Water Color by Mrs. Anandi Ramachandran

Forgotten
– Anjali Kumar
Session III, Silver Spring

Editor: Anjali is one of our dear fellow Mission members who is well known to most of us as our Yoga teacher and a Bala Vihar teacher. She was also a Bala Vihar student at CMWRC. She is also a person of bhakti attracted by the Rumi, Meerabhai style of devotion. The following poem is an eloquent expression of the call of the Infinite to the finite

My dear Anjali,

*So long as you fret and panic,
Shed tears or let the mind race wildly,
Scream in agony or wallow in self-pity,
You have forgotten Me.*

*When you hesitate and fear,
Drown in he saids and she saids,
Or walk in the stupor of what ifs and should haves,
You have forgotten Me.*

*You have forgotten
That I await you in our honeymoon chamber.*

*You have forgotten
That the fall is only so you embrace Me again.*

*You have forgotten
That My glory is created in your ideas and actions
Only when you rest in My kiss.*

*You have forgotten all this
Because of the fleeting limelight on your corpse.*



Final Page

Resources & Links

www.chinmayadc.org

www.chinmayadulles.org

Submitting Your Articles

(Newsletter Policies, submitting content, etc.)

● Who can submit?

Acharyas, Visiting Acharyas, Speakers

Secretary

Coordinators (Balavihar, Chapter, Session)

Bala Vihar students

Bala Vihar graduates

Teachers

Volunteers

Parents and Adult Members,

Friends of Chinmaya mission, etc.

● What can be submitted? What is allowed? What is not allowed?

You may submit articles that would be of general interest to the DC area Chinmaya Families. They must be related to the mission activities or may be on Vedanta. The essays and stories should be kept short to less than 500 words, so that we can keep the size of the newsletter reasonably small. However, at times compelling submissions may be allowed even if they exceed 500 words.

Along with the submission, please provide the details

-Name of the Author

-Submitter's affiliation with the mission

-If applicable, to which Chapter does the author belong

-Bala Vihar session and class if applicable

-Title of the submission

● What are some of the possible topics?

World-Wide Mission news of interest to CMWRC

DC Center Events – brief write up on chapter activities (yagnas, etc.) or Balavihar activities (field trips, for example)

Yagnas and Events at other centers

Poems

Stories

Essays

Thoughts or Experience

Plays

Tips for Busy Balavihar Parents, Volunteers

- Easy Recipes

-Bhiksha Recipes

-costume ideas for Bala Vihar plays

● What format you may use?

We prefer submission formatted in Microsoft Word, Open Office, or plain email text. For images, use JPEG, resized to no larger than 3 inches by 3 inches. (Open office is freely available at www.openoffice.org)

● Where to submit content for the newsletter?

Smrithi@chinmayadc.org. Use “submission” in the subject line.

● What is the deadline for submission?

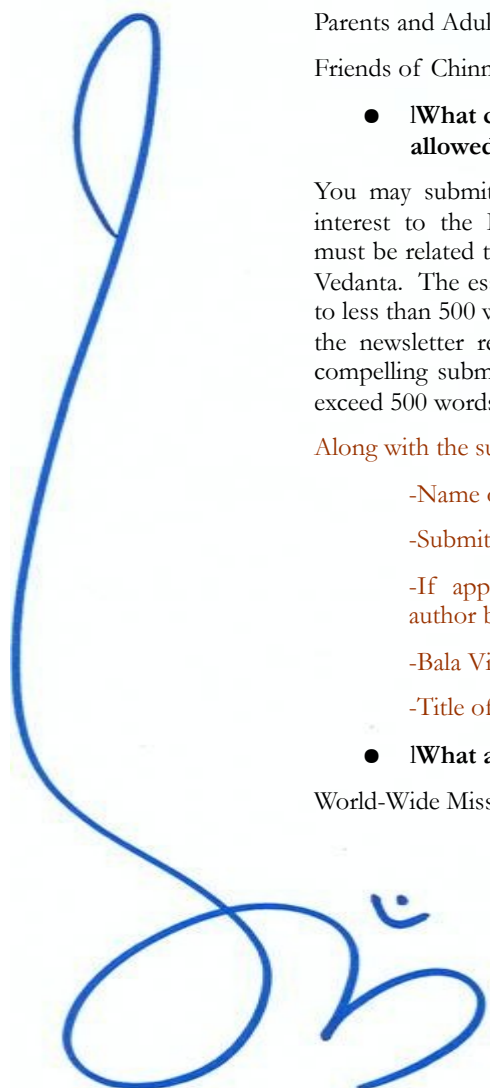
Send in your submissions early and often. The editorial committee will publish revised newsletter versions periodically. Your submission may be included in a revised edition for the current issue, or scheduled for the following issue.

● Who to contact for questions?

Send your questions to smrithi@chinmayadc.org. Use “Question” in the subject line.

● Once you submit, what happens?

The Articles are reviewed and considered for inclusion in the newsletter. Goal is to include all submissions, but the editorial board has to ensure that the articles can be enjoyed by one and all, that they are appropriate, and consistent with the spirit and values



of the Chinmaya Mission. Some articles may be held for the next newsletter publication so as to keep the newsletter size down to a handful of pages.

- **How can BalaVihar Students Help?**

Middle and High School level Balavihar students may help the editors with spelling and grammar check, organizing and formatting the newsletter, and improving the look and feel to make this an informative, spiritual, fun and attractive newsletter. Currently Harsha Neerchal and Srikanth Kowtha are supporting the editors. Those who volunteer and consistently support publication of the newsletter will be rewarded with a certificate during Bala Vihar graduation.

- **What is the editorial process?**

An editorial board consisting of Raju Chidambaram, Sitaram Kowtha, Acharyas and chapter coordinators will review the submissions, and approve final drafts of the newsletter before they are published on the website. In cases where the articles do not receive initial approval, the editors will work the authors to revise or improve submissions

- **Your Suggestions**

Please send your suggestions to smriti@chinmayadc.org, with subject line 'suggestions'. We welcome your ideas, tips, corrections, to help us improve the quality, look and feel, and content.

